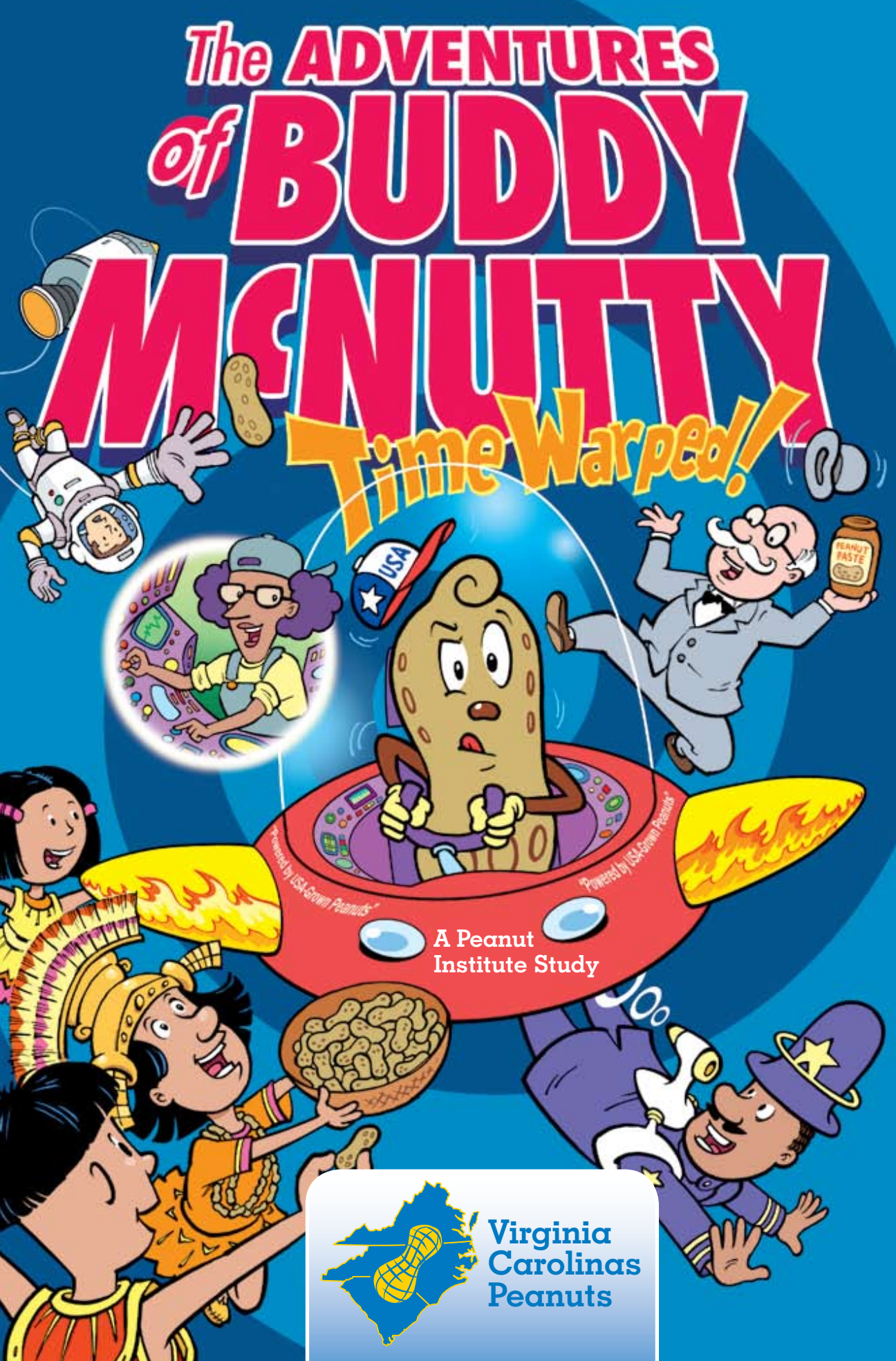

The ADVENTURES of BUDDY McNUTTY
Time Warped!
USA
PEANUT PASTE
"Powered by USA-Grown Peanuts"
"Powered by USA-Grown Peanuts"
A Peanut Institute Study
Virginia Carolinas Peanuts

Buddy McNutty's Crispy Bars

Prep Time:15 minutes
Serving Size: 0.9 oz

Ingredients

1/4 cup creamy peanut butter
10 ounces marshmallows
6 cups crisp rice cereal
3 tablespoons butter

Directions

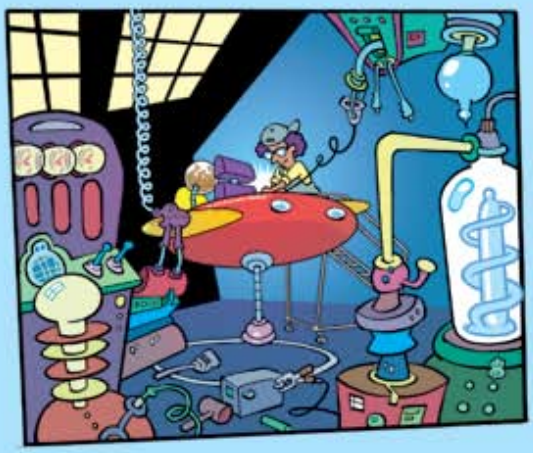
First melt butter and marshmallows in large saucepan over low heat. Stir frequently until melted completely. Remove from heat and stir in peanut butter until dissolved. Stir in rice cereal until the cereal is completely coated with the marshmallow mixture. Next, spread mixture into a 13 x 9 x 2-inch pan lightly coated with non-stick cooking spray. Press mixture into pan until firmly packed. Cool completely. Cut into 24 bars.

Nutrition information per serving:

Calories: 105
Calories from Fat: 28g
Fat: 3g
Trans fats: 0
Cholesterol: 4mg
Carbohydrate: 18g
Protein: 2
Fiber: 0.23g
Sodium: 34mg

Recipe provided by the National Peanut Board

ANIKA MECHANICA IS IN HER WORKSHOP PERFECTING HER LATEST ADDITION TO BUDDY McNUTTY'S PEANUT-POWERED POGO PLANE!



THE HOLOGRAMOPHONE RINGS...

IT'S BUDDY, ALL RIGHT! HE DOESN'T KNOW IT YET, BUT HE'S ABOUT TO EMBARK ON A SUPER ADVENTURE WE CALL...

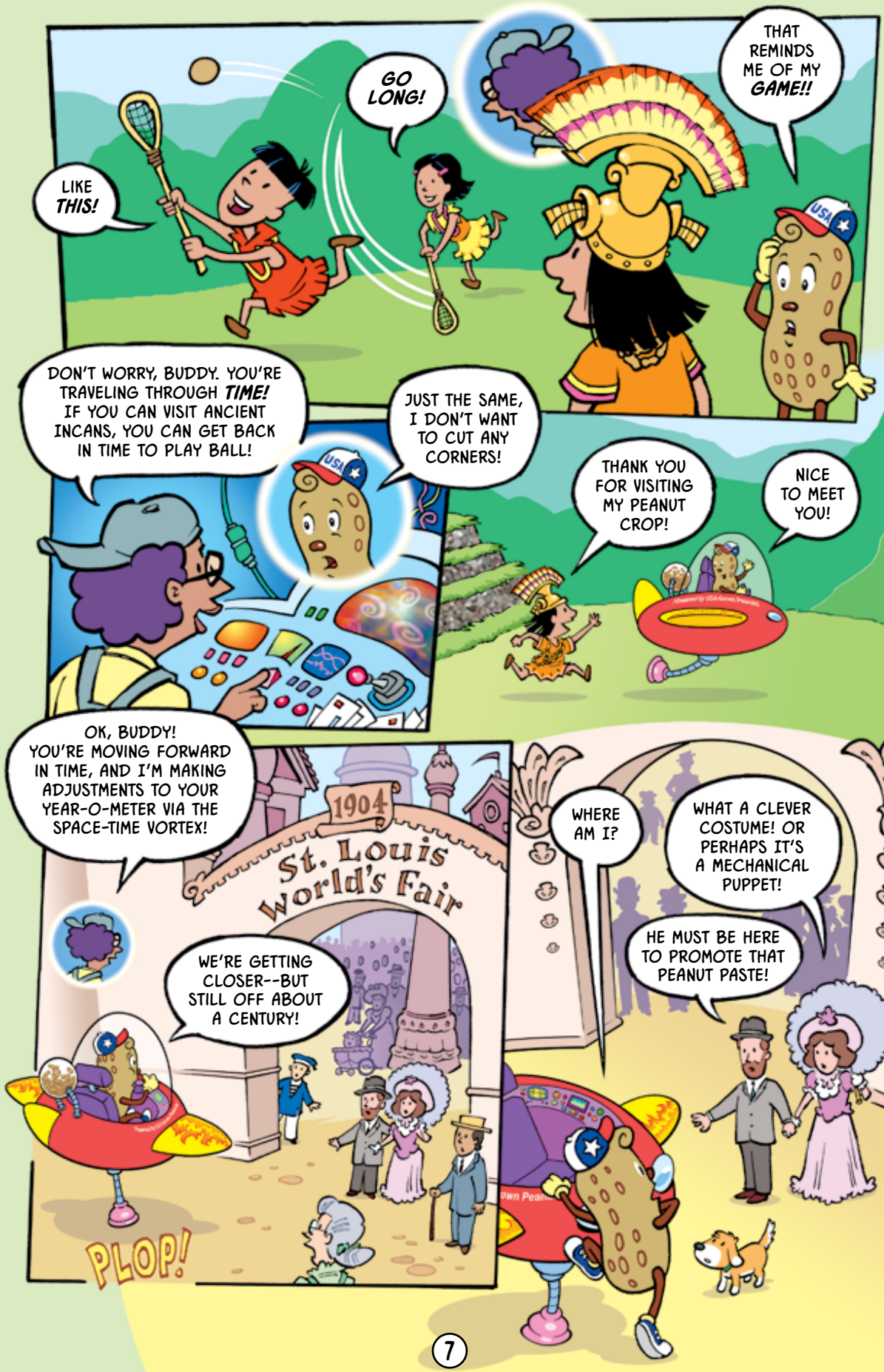
Time Warped!

"Powered by Crown Peanuts"

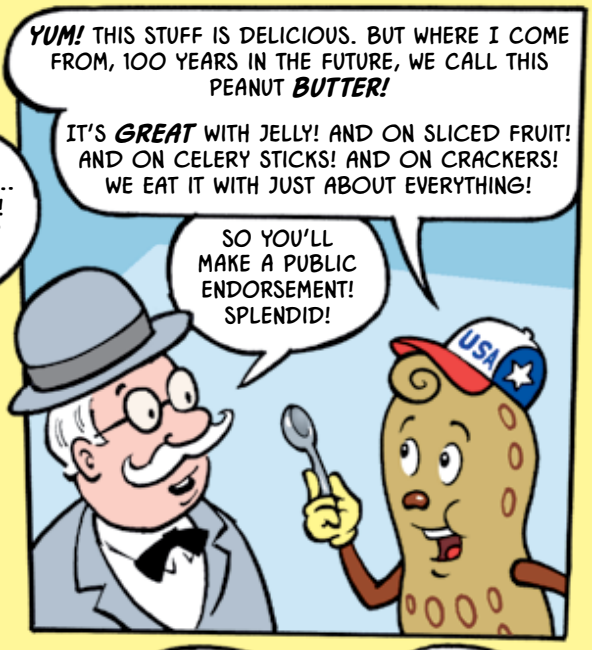
BUT THE LEGUME LEAGUE PLAYOFF GAME IS IN 15 MINUTES!
Peanut Pros
YIKES! IS THAT TODAY? OKAY, BUDDY, I'LL SEND HER RIGHT OVER!
FACT CHECK! THERE'S NOT REALLY A "LEGUME LEAGUE" IN BASEBALL. BUT PEANUTS REALLY ARE LEGUMES--NOT TRUE NUTS! A LEGUME IS LIKE A BEAN OR A PEA... OR A PEANUT! LOOK IT UP!
Beans
PEAS
GOOD LUCK, BUDDY!
THANKS, ANIKA!
ZIP!
HOP!
SWOOSH!
SO! WHERE'S THE COOL NEW GADGET?
EMERGENCY
PEANUT POWER PACK
YOU MEAN THIS NEW BUTTON?
CLICK
SEE THAT NEW BUTTON?
THE ONE BY THE EMERGENCY PEANUT POWER PACK...
THAT'S IT! WHATEVER YOU DO...
...DON'T CLICK THAT BUTTON!

WH-WH-WH-- WHAT HAPPENS IF I DO PUSH THAT BUTTON?
TIME TRAVEL!!
USA
Powered by USA-Grown Peanuts®
WHERE AM I GOING?
THE QUESTION IS, WHEN ARE YOU GOING! AND THE ANSWER IS...
UM, I'M NOT EXACTLY SURE... I WAS JUST MAKING THE FINAL ADJUSTMENTS TO THE YEAR-O-METER WHEN YOU CALLED!
THE MAIN THING IS DON'T PANIC! YOU'RE PERFECTLY SAFE!
USA
THAT'S EASY FOR YOU TO SAY, ANIKA-- YOU'RE JUST A TELE-HOLO-AVATAR!
THAT'S A GOOD POINT...
YOW!
CRUSH!

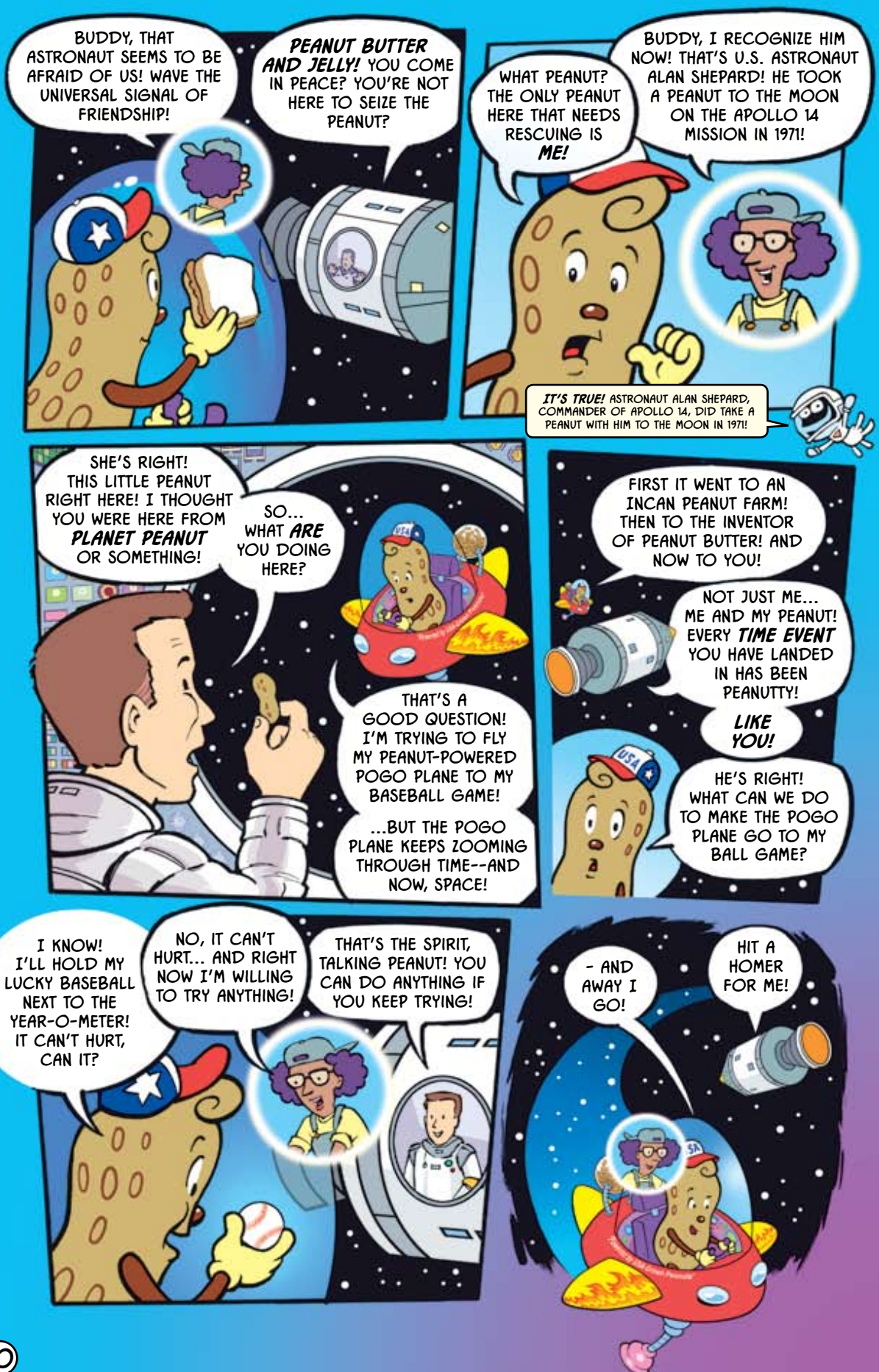
MY PEANUT CROP! LOOK WHAT YOU DID TO MY...
OH, MY!
THE GREAT PEANUT!! THE GREAT PEANUT HAS CHOSEN TO VISIT MY PEANUT CROP!
OH, I'M NOT THAT GREAT!
ALLOW ME TO MAKE INTRODUCTIONS. BUDDY, MEET INCAN FARMER HUALPA YUA!
THE INCAS ARE ONE OF THE EARLIEST KNOWN CIVILIZATIONS TO CULTIVATE PEANUTS!
HUALPA YUA, MEET BUDDY MCNUTTY! HE'S A PEANUT!
AND OUR DAD GROWS THE BEST PEANUTS IN THE LAND!
THEY TASTE GREAT AND GIVE US ENERGY TO PLAY!
ANIKA'S RIGHT! AS EARLY AS 1500 B.C., THE INCAS OF PERU USED PEANUTS TO MAKE JEWELRY AND TO DECORATE THEIR POTTERY. THEY ALSO ENTOMBED THEM WITH THEIR MUMMIES TO GIVE THEM ENERGY IN THE AFTERLIFE. AND CHECK OUT HUALPA YUA'S COOL INCAN PEANUT JEWELRY!


LIKE THIS!
GO LONG!
THAT REMINDS ME OF MY GAME!!
DON'T WORRY, BUDDY. YOU'RE TRAVELING THROUGH TIME! IF YOU CAN VISIT ANCIENT INCANS, YOU CAN GET BACK IN TIME TO PLAY BALL!
JUST THE SAME, I DON'T WANT TO CUT ANY CORNERS!
THANK YOU FOR VISITING MY PEANUT CROP!
NICE TO MEET YOU!
OK, BUDDY! YOU'RE MOVING FORWARD IN TIME, AND I'M MAKING ADJUSTMENTS TO YOUR YEAR-O-METER VIA THE SPACE-TIME VORTEX!
1904
St. Louis World's Fair
WHERE AM I?
WHAT A CLEVER COSTUME! OR PERHAPS IT'S A MECHANICAL PUPPET!
HE MUST BE HERE TO PROMOTE THAT PEANUT PASTE!
WE'RE GETTING CLOSER--BUT STILL OFF ABOUT A CENTURY!
PLOP!

DOWN HERE! IT'S ME AGAIN! YEP, IT'S A FACT! PEANUT BUTTER WAS FIRST INTRODUCED TO THE USA IN 1904 AT THE UNIVERSAL EXPOSITION IN ST. LOUIS, MISSOURI. C. H. SUMNER SOLD $705.11 WORTH OF THE TASTY TREAT AT HIS CONCESSION STAND. AND HE REALLY CALLED IT PEANUT PASTE!

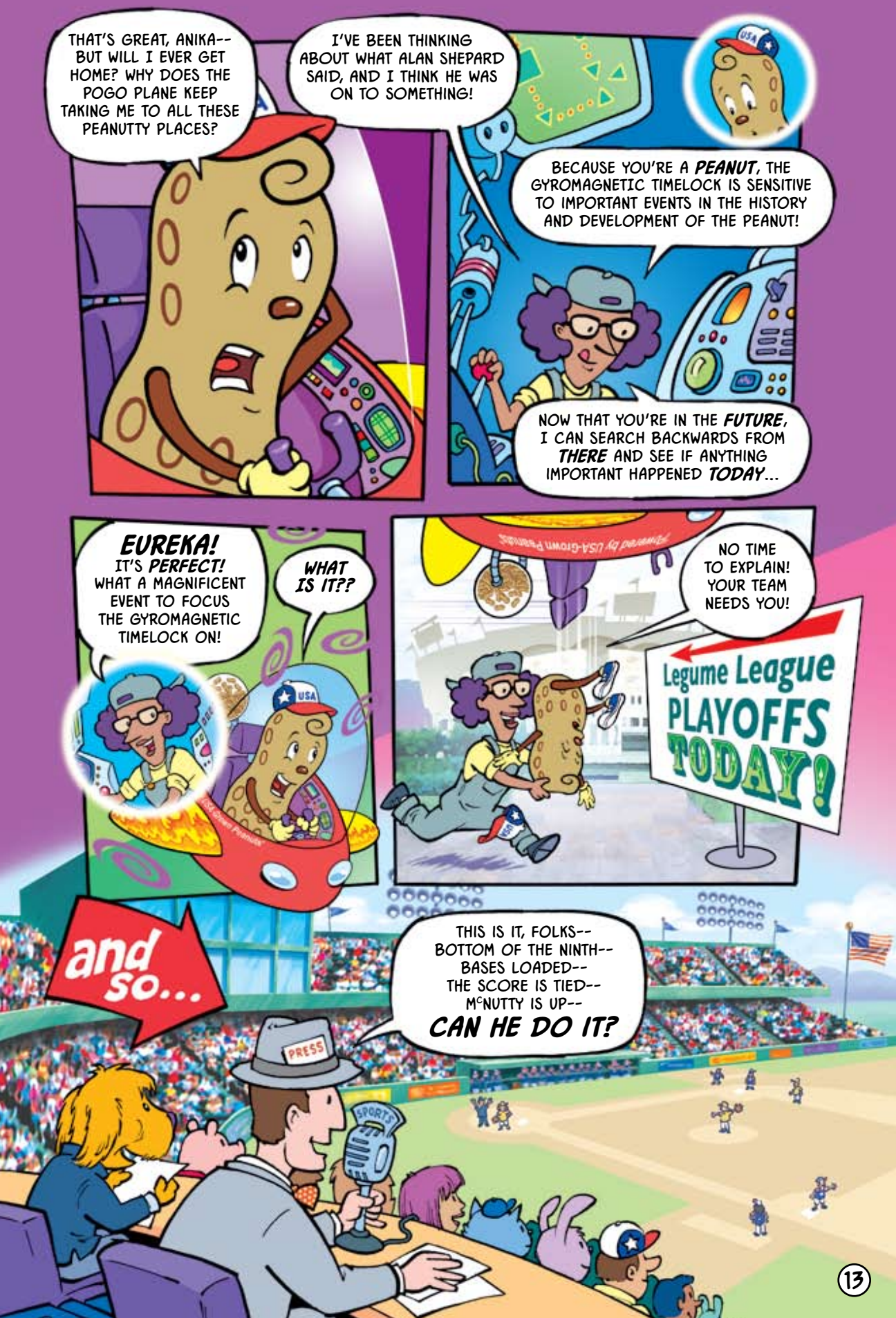


EVERY YEAR THE AVERAGE AMERICAN CONSUMES 6 POUNDS OF PEANUTS AND PEANUT BUTTER PRODUCTS!
I KNEW IT! MY PEANUT PASTE WILL BE A HUGE SUCCESS!
I LIKE THE CREAMY PASTE!!
CRUNCHY FOR ME!
ME, TOO! CREAMY!!
USA
Powered by USA-Grown Peanuts®
BUDDY'S CORRECT! AMERICANS EAT A LOT OF PEANUTS! AND SOME THINGS NEVER CHANGE... WOMEN AND CHILDREN STILL PREFER CREAMY, AND MOST MEN STILL GO FOR CHUNKY!
TAKE ME OUT TO THE BALL GAME, ANIKA!
BATTER UP! NEXT STOP...
OUTER SPACE???
HOUSTON, WE HAVE A PEANUT! I...I MEAN A PROBLEM! I...I MEAN A PEANUT!


BUDDY, THAT ASTRONAUT SEEMS TO BE AFRAID OF US! WAVE THE UNIVERSAL SIGNAL OF FRIENDSHIP!
PEANUT BUTTER AND JELLY! YOU COME IN PEACE? YOU'RE NOT HERE TO SEIZE THE PEANUT?
WHAT PEANUT? THE ONLY PEANUT HERE THAT NEEDS RESCUING IS ME!
BUDDY, I RECOGNIZE HIM NOW! THAT'S U.S. ASTRONAUT ALAN SHEPARD! HE TOOK A PEANUT TO THE MOON ON THE APOLLO 14 MISSION IN 1971!
IT'S TRUE! ASTRONAUT ALAN SHEPARD, COMMANDER OF APOLLO 14, DID TAKE A PEANUT WITH HIM TO THE MOON IN 1971!
SHE'S RIGHT! THIS LITTLE PEANUT RIGHT HERE! I THOUGHT YOU WERE HERE FROM PLANET PEANUT OR SOMETHING!
SO... WHAT ARE YOU DOING HERE?
THAT'S A GOOD QUESTION! I'M TRYING TO FLY MY PEANUT-POWERED POGO PLANE TO MY BASEBALL GAME!
...BUT THE POGO PLANE KEEPS ZOOMING THROUGH TIME--AND NOW, SPACE!
FIRST IT WENT TO AN INCAN PEANUT FARM! THEN TO THE INVENTOR OF PEANUT BUTTER! AND NOW TO YOU!
NOT JUST ME... ME AND MY PEANUT! EVERY TIME EVENT YOU HAVE LANDED IN HAS BEEN PEANUTTY!
LIKE YOU!
HE'S RIGHT! WHAT CAN WE DO TO MAKE THE POGO PLANE GO TO MY BALL GAME?
I KNOW! I'LL HOLD MY LUCKY BASEBALL NEXT TO THE YEAR-O-METER! IT CAN'T HURT, CAN IT?
NO, IT CAN'T HURT... AND RIGHT NOW I'M WILLING TO TRY ANYTHING!
THAT'S THE SPIRIT, TALKING PEANUT! YOU CAN DO ANYTHING IF YOU KEEP TRYING!
- AND AWAY I GO!
HIT A HOMER FOR ME!

THAT MUST BE THE GAME! LOOK AT THE SIZE OF THAT CROWD!
SECURITY
HAVE NO FEAR, BASEBALL FANS! I'LL BE ON THE FIELD BEFORE YOU CAN SAY--
OH NO YOU DON'T!
YOU CAN JUST MARCH BACK TO THE END OF THE LINE AND WAIT YOUR TURN LIKE EVERYONE ELSE!
THE NERVE OF THAT YOUNG MAN!
DRESSING UP LIKE A PEANUT TO TRY TO GET A TABLE AT P'NUTTY'S!
P'Nutty's
HUH?
ANIKA, WHAT GIVES?
WE OVERSHOT OUR TIME TARGET! YOU'RE IN THE FUTURE, AND PEANUTS ARE MORE POPULAR THAN EVER!!

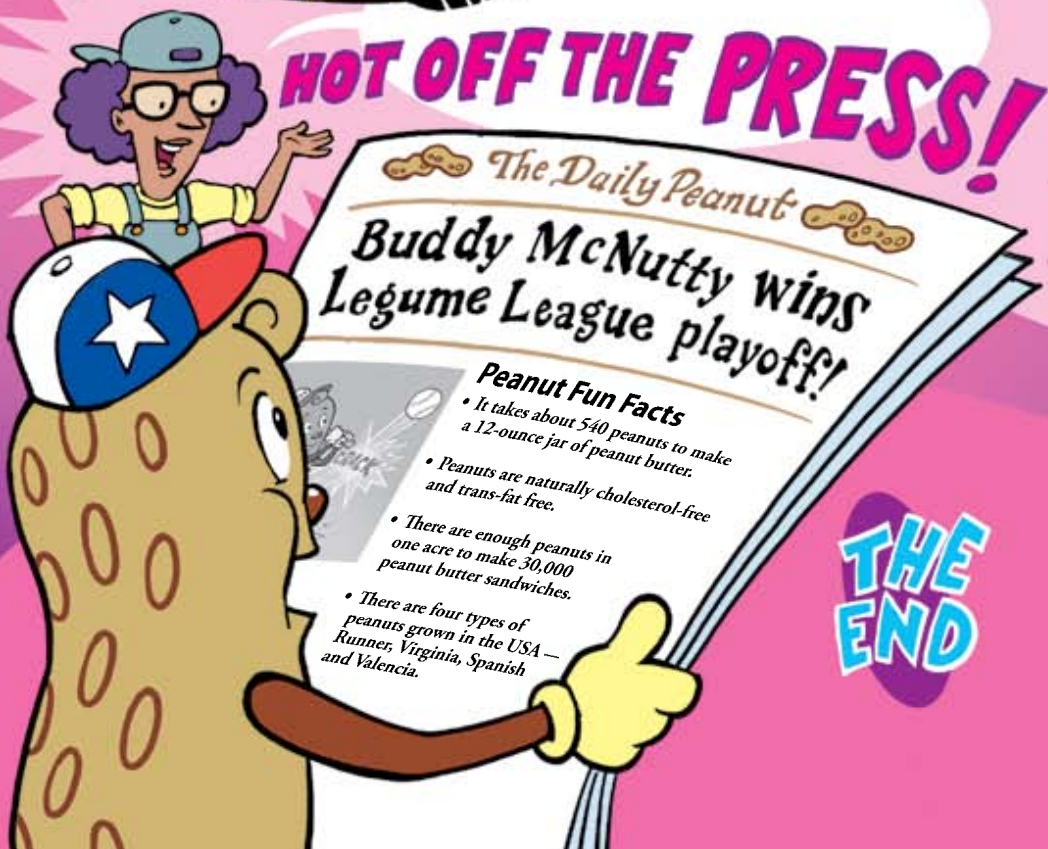
PEANUT MALL
DAILY PEANUT
USA-GROWN PEANUTS
PEANUT BUTTER
PEANUT POWER
FABRICA PEANUT
The Peanut Salon
DINER
YOU KNOW HOW GREAT PEANUTS ARE, BUDDY! AND IT APPEARS THAT THE GOOD NEWS ABOUT PEANUTS WILL GROW AND GROW UNTIL--
WOW! THIS IS A TOUGH ONE! OBVIOUSLY I DON'T KNOW WHAT THE FUTURE WILL BE LIKE... BUT I LIKE ANIKA'S VERSION!
TODAY, PEANUTS CONTRIBUTE MORE THAN 4 BILLION DOLLARS TO THE U.S. ECONOMY EACH YEAR. AMERICANS EAT MORE THAN 600 MILLION POUNDS OF PEANUTS AND ABOUT 700 MILLION POUNDS OF PEANUT BUTTER EVERY YEAR! THAT'S A MIGHTY BIG INCREASE SINCE MR. SUMNER SOLD HIS PEANUT PASTE!


THAT'S GREAT, ANIKA-- BUT WILL I EVER GET HOME? WHY DOES THE POGO PLANE KEEP TAKING ME TO ALL THESE PEANUTTY PLACES?
I'VE BEEN THINKING ABOUT WHAT ALAN SHEPARD SAID, AND I THINK HE WAS ON TO SOMETHING!
USA
BECAUSE YOU'RE A PEANUT, THE GYROMAGNETIC TIMELOCK IS SENSITIVE TO IMPORTANT EVENTS IN THE HISTORY AND DEVELOPMENT OF THE PEANUT!
NOW THAT YOU'RE IN THE FUTURE, I CAN SEARCH BACKWARDS FROM THERE AND SEE IF ANYTHING IMPORTANT HAPPENED TODAY...
EUREKA! IT'S PERFECT! WHAT A MAGNIFICENT EVENT TO FOCUS THE GYROMAGNETIC TIMELOCK ON!
WHAT IS IT??
USA
NO TIME TO EXPLAIN! YOUR TEAM NEEDS YOU!
Legume League PLAYOFFS TODAY!
and so...
THIS IS IT, FOLKS-- BOTTOM OF THE NINTH-- BASES LOADED-- THE SCORE IS TIED-- McNUTTY IS UP-- CAN HE DO IT?
PRESS
SPORTS

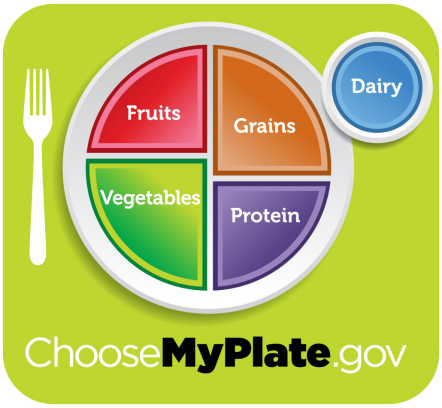
BUT WHERE IS BUDDY?
USA
EMERGENCY
PEANUT POWER PACK
HERE HE COMES! JUST IN TIME!
USA
HERE'S THE PITCH!
USA
THAT BALL IS OUT OF HERE!!
USA
CRACK
BUDDY McNUTTY HITS A GRAND SLAM TO WIN THE GAME!!
USA

HOORAY FOR BUDDY!

HOT OFF THE PRESS!



THE END



Peanuts are considered part of the protien group, which should make up roughly a quarter of your plate and 15-35% of your daily calorie intake. Peanuts and peanut butter are a nutrient-dense protein source brining more nutrition than animal foods. They provide about 8g protein per serving, and are a good source of fiber and many vitamins and minerals.

If you swapped one tablespoon of butter for one tablespoon of peanut butter on your toast every morning, you would consume the same amount of calories, but increase intake of vitamins, minerals, plant-based protein and healthy fats, while xdecreasing intake of cholesterol and saturated fat.

PEANUTS ARE THE MOST POPULAR NUT

- Peanuts are the most commonly eaten nut in America. When peanut butter is factored in, they comprise over 2/3 of the nut consumption in the US.
- Peanuts have an enjoyable flavor and people do not get tired of eating them, even after 8 weeks of replacing all fat in the diet with peanuts!

Make your calories count by making smarter snack choices.
Eating peanuts and peanut butter can help you prevent unwanted weight gain by giving you more energy and helping you feel fuller longer.

According to the USDA, **peanuts are a Smart Snack for kids** with zero empty calories. Research shows that kids who eat peanuts and peanut butter as an afterschool snack have an overall better nutrient intake, eat more fruits and vegetables, and are better able to maintain their weight through adolescence.
Peanuts and peanut butter are also a great snack for adults, providing essential nutrients, protein and healthy fats. Peanuts are a satisfying snack and peanut eaters have been associated with lower BMIs and a longer life.

For more information on the power of peanuts, visit
http://peanutpower.org/peanut-power/snacking/

The Virginia Carolinas Peanut Promotions shall provide the basic organizational structure to serve as a promotion/market development organization for the three state organizations, conducting programs of market research, market promotion, consumer education adn other activities relating to the sale, marketing and distribution of peanuts and peanut products.

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This information provided by the Peanut Institute.